

# FICHE-CONSEILS

## Préparation à une investigation - Clinique AOC

Centre intégré  
de santé  
et de services sociaux  
de l'Outaouais

Québec

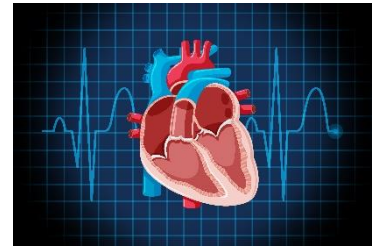


NURSING BRANCH

### CA-2 De Novo Heart Failure

#### Subject

Heart failure is the inability of the heart to pump enough blood to meet the needs of the body. This condition occurs when the heart no longer has the same strength to expel blood into the arteries of the body or when its capacity to fill with blood is impaired due to cardiac stiffness or dilation. Therefore, each heart contraction is less efficient. It is a health problem that results, among other things, in shortness of breath and fatigue that is disproportionate to the effort produced. It usually occurs in individuals whose health has been compromised for several years by heart, respiratory or hypertension problems.



#### Description

Following your medical consultation, you were referred to the Clinique AOC (Accueil et Orientation Clinique) for a quick cardiology examination in accordance with the predetermined medical protocol. The examination includes blood tests, an electrocardiogram and an x-ray of your lungs (if not already done). The clinical nurse will conduct a health assessment and an analysis of your test results. You will then be referred to a cardiologist, on the same day of your appointment if there are abnormal results or you will be given a later appointment within a set timeframe.

#### Instructions for users

The Clinique AOC administrative officer will contact you within the time prescribed by your doctor for initial care: A (1-4 business days). Your exams will be scheduled at the hospital centre in your region – Hull, Gatineau, Buckingham, Maniwaki or Shawville where the exams are available. The administrative officer will inform you of the steps you need to take, the date of your appointment and the preparation required for your exams. Make sure you are available within the quick timeframe prescribed by your doctor. You can contact the Clinique AOC at 819-966-6127 Monday to Friday from 7:30 a.m. to 3:30 p.m. during business days.

#### Additional information

You should seek help at an emergency department if you develop difficulty breathing while lying down or if you experience significant difficulty breathing in your daily activities, chest pain or palpitations that last more than a few minutes and that occur frequently.

*Inspired from Passeport santé at [www.passeportsante.net](http://www.passeportsante.net), edited by Dr. Ian Barrette, AOC Medical Coordinator*